trafficked for sex have higher levels of fear, are more isolated, greater trauma and mental health needs than other victims of crime, high rates of physical and sexual violence, memory loss, sexually transmitted diseases, and traumatic brain injuries. The present study attends to explore the mental health profile of a cohort of trafficked women from Egypt.

Objectives: Studies show that women who have been trafficked for sex have higher levels of fear, are more isolated, greater trauma and mental health needs than other victims of crime, high rates of physical and sexual violence, memory loss, sexually transmitted diseases, and traumatic brain injuries.The present study attends to explore the mental health profile of a cohort of trafficked women from Egypt.

Methods: This study included detailed mental health assessments of 42 trafficked women in and around Cairo in Egypt. Data was collected by social workers. Assessments, Diagnosis and interventions were done by the author with the help of two clinical psychologists.

Results: This snapshot study shows very convincingly that there's a high burden of mental ill health among the trafficked women. Suitable therapeutic interventions may provide effective management and prevention of further deterioration of mental health issues of these vulnerable trafficked women.

Conclusions: This snapshot study shows very convincingly that there's a high burden of mental ill health among the trafficked women.Suitable therapeutic interventions may provide effective management and prevention of further deterioration of mental health issues of these vulnerable trafficked women.

Disclosure of Interest: None Declared

EPV1443

Perceived work-related stigma in healthcare workers and presence of post-traumatic stress disorders (PTSD) symptoms

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Introduction: Previous research has demonstrated a relationship between work-related stigma during the COVID-19 pandemic and posttraumatic stress disorder (PTSD). Whilst it is possible that shared social characteristics explain the link between stigma and PTSD, this article hypothesizes that work-related stigma is itself associated with symptoms of PTSD.

Objectives: This study examined whether work-related stigma was associated with PTSD symptoms one year after the onset of the COVID-19 pandemic in a sample of French healthcare workers (HCWs).

Methods: Data were based on an online survey that recruited HCWs working during the first wave of the COVID-19 pandemic. The presence of PTSD symptoms was assessed using the Posttraumatic Stress Disorder Checklist (PCL-5) with a cut-off score of ≥33. Work-related stigma was defined as the perception of having been treated differently and unfairly because of one's profession.The relationship between work-related stigma and PTSD symptoms was tested using propensity scores including all relevant confounding factors: financial and social support, and work-related,or pandemic-related factors.

Results: Among the 655 respondents, 71.6% were physicians, 11.1% were nurses, and 17.3% had other occupations. A total of 53 participants (8.7%) presented symptoms of PTSD. We found an association between work-related stigma and PTSD symptoms (OR 2.13, 95% CI [1.04;4.35]) one year after the onset of the COVID-19 pandemic adjusted for propensity scores including relevant confounding factors.

Conclusions: Our findings suggest that work-related stigma is associated with PTSD symptoms among HCWs. This association was independent of social characteristics known to influence both stigma and PTSD. Work-related stigma may be a propitious occupational risk factor to target in order to improve HCWs work conditions and mental health.

Disclosure of Interest: None Declared

EPV1444

Understanding the path to ketamine-assisted group therapy for firefighters diagnosed with post-traumatic stress disorder: a qualitative study

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Introduction: Firefighters face routine occupational risks and high-stress environments. Accordingly, 96.4% are exposed to a potentially traumatizing event throughout their career (Nazari *et al.* Work 2020; 67(1):215-222). This is accompanied by high rates of trauma-related mental illnesses (TRMI) such as PTSD. First-line treatments of TRMI remain limited. A novel treatment that has emerged, Ketamine-Assisted Therapy (KAT) has shown meaningful improvements in PTSD treatment (Ragnhildstveit *et al.* Ther Adv Psychopharmacol 2023; 6:13).

Objectives: The primary objective was to synthesize prevalent themes among participants, shedding light on their journeys to accessing KAT as well as highlighting internal motivations and societal barriers that exist.

Methods: In this study, there are six working firefighters, diagnosed with TRMI. They have enrolled in but not begun the 12-week Roots to Thrive (RTT) KAT program. Interviews were conducted individually and transcribed for further analysis. Data from the interview responses was analyzed by two independent reviewers and coded to create main themes of focus. The inconsistencies were managed by the third senior reviewer.

Results: The major themes prevalent among participants include social stigma, self-advocacy/education, logistical barriers and feeling stuck with previous treatments.Throughout the interviews, participants indicated that the use of ketamine and their mental illness diagnosis were stigmatized. Some kept their treatment a secret from family members while others reported telling very few colleagues about their PTSD. In response to traumatic events at work, one participant explained that the prevalent attitude was "Suck it up. Move on." The lack of administrative support prompted several participants to teach themselves about psychedelics and mental health in order learn about treatment possibilities. Logistical

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barriers included barriers to physically commuting, paying for and having time away for the KAT sessions. They pointed out that aside from the price of the treatment itself, paying for cabs and ferries adds to the costs. Each of the participants detailed their journey with trauma and mental illness before KAT. A common sentiment expressed was that they couldn't cope anymore with symptoms like night terrors and extreme anxiety. Participants discussed a gradual build-up and burnout, as one explained, "You continually are always going to other trauma calls, so it kind of builds up layer, layer, layer after layer." A reoccuring theme in their experiences was trying different treatment modalities (EMT, EMDR and CBT) with little permanent success.
Conclusions: Greater funding, awareness and administrative support is needed for firefighters diagnosed with PTSD to successfully receive and undergo treatment.

Disclosure of Interest: None Declared

EPV1445

The Beneficial Effect of Self-Compassion on PTSD and Complex PTSD Symptoms among Israeli Female Veterans: The Role of Coping Strategies

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Introduction: There is consistent evidence that increased self-compassion (SC) is associated with less posttraumatic stress disorder (PTSD) symptoms. However, knowledge about the contribution of SC to military-related posttraumatic sequelae among women combat veterans is sparse. Moreover, the underlying mechanism for the beneficial effect of SC remains to be determined.
Objectives: The present study aims to examine the contribution of SC to PTSD and complex PTSD symptoms among female veterans as well as the mediating roles of coping strategies in these possible associations.
Methods: In a cross-sectional study, a volunteer community sample of Israeli women combat veterans (n = 885) and non-combat veterans (n = 728) responded to online self-report questionnaires.
Results: Combat veterans reported higher levels of PTSD symptoms but not complex PTSD symptoms, SC, or coping strategies, as compared to non-combat veterans. Moreover, among combat and noncombat veterans, SC was associated with lower levels of PTSD and complex PTSD symptoms beyond adverse childhood experiences and combat exposure. Notably, SC was inversely and indirectly associated with higher levels of PTSD and complex PTSD symptoms through maladaptive coping strategies for both combat and noncombat veterans.
Conclusions: Reports of higher SC among female veterans are associated with less severe PTSD and complex PTSD symptoms. Moreover, maladaptive coping strategies might serve as mechanisms that link SC to military-related posttraumatic consequences.

Disclosure of Interest: None Declared

Precision Psychiatry

EPV1446

Digital Phenotyping for Real-Time Monitoring of Nonsuicidal Self-Injury Thoughts

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Introduction: Digital phenotyping offers a valuable method for predicting and preventing nonsuicidal self-injury (NSSI) in daily life by providing objective, ecologically valid measurements at multiple time points. This approach quantifies an individual's phenotype by capturing self-injury-related markers such as mood, step counts, and heart rate.
Objectives: The aim of this study is to identify real-time predictors and to elucidate the dynamic trajectory of NSSI in individuals.
Methods: This study targets individuals in their 20s residing in South Korea who engaged NSSI on five or more days during the past year, and a total of 56 participants were included in the current study. Once participants were enrolled, active (e.g., ecological momentary assessment) and passive (e.g., heart rate, step count) data were collected via a smartphone app and wrist-worn wearables for 14 days. Initially, a random forest algorithm was employed to assess the relative importance of passive and active data in predicting NSSI thoughts. Subsequently, a multilevel logistic regression model was used to capture variability at both the within-person and between-person levels.
Results: After inputting passive data into the random forest algorithm, the model demonstrated an accuracy of 0.619. Among the variables, walking stride had the highest importance score at 0.28, followed by heart rate (0.18) and heart rate variability (0.17). Subsequently, when analyzing the random forest algorithm with active variables, the model's accuracy was found to be 0.666. In this case, anger toward others had the highest importance score at 0.26, followed by depression (0.22) and anger toward oneself (0.19). In a separate analysis using multilevel logistic regression models for each passive variable, none of the variables produced significant results in either the fixed or random effects analyses. However, when active variables were entered into separate multilevel logistic regression models, all emotional variables yielded significant results in the fixed effects analysis: depression (0.746, $p < .001$), anxiety (0.521, $p < .001$), anger toward oneself (0.475, $p < .001$), anger toward others (0.403, $p < .001$), loneliness (0.329, $p < .001$), and shame (0.557, $p < .05$). In contrast, none of the variables showed significant results in the random effects analysis.
Conclusions: The findings from this study could offer insights into novel mechanisms underlying the occurrence of self-injurious thoughts and their prediction in daily life. Additionally, this advanced approach may help identify optimal strategies for NSSI prevention and enable the delivery of personalized, real-time interventions.

Disclosure of Interest: None Declared